

“Being Fit”



**Aging Well Network is meeting Tuesday, August 30,
10 AM to 12 PM at Takoma Adventist Church, Fellowship Hall,
6810 Eastern Avenue, N.W., Washington, DC 20012.**

We will have refreshments, socializing, fun ice-breakers, exercise and lively music! Come prepared to have a good time and make a new friend. The event is **free**. Registration will be taken on site. For more information, please call Karen, Lifelong Takoma Program Manager, at [**\(301\) 891-7232**](tel:3018917232).

Need a ride? Call Sandy Egan at (301) 255-4212 soon to schedule transportation to the meeting through Village Rides.

-This event is hosted in partnership with the Takoma Adventist Church, the Lifelong Takoma Program and the Village of Takoma Park.